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MAURICIO HILB
IN PRIVATE WITH

FERNANDA RESTREPO

SPECIAL
ROSER GARCIA
JULIA DE LUCIA
JESSICA ALABART
ANITA ALVAREZ

SEX
MASTURBATION
OWN PLEASURE

BEAUTY
NATALY RINCON

MOVIE - NO ESCAPE

ISSN 2463 - 0187 2015

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Central America and Latin America

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MEN'S LAM

MAGAZINE

Colombia/España/USA/Panama - EDITION 01082015

www.latinamericanmodel.net

VANESSA BLANCO

Una belleza muy española

TRIBUTO A

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CARLOS VIVES

"Más Corazón Profundo Tour"

RICKY MARTIN

"ONE WORLD TOUR"

un producto de la casa editorial LATIN AMERICAN MODEL - dirección general MICHELLE HUESTIK - dirección de fotografía PEDRO RODRIGUEZ GONZALEZ

MEN'S LAM

MAGAZINE

PUBLISHING HOUSE

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N MODEL

Magazine™

LATIN AMERICAN model Magazine

Trabajó en Ecopetrol donde vivió una nueva faceta de su vida, en la cual tenía días felices y días en los que se sentía frustrada, no contaba con suficiente tiempo para el modelaje, pero aun así realizó pocos trabajos de fotos y con esto poco a poco aprendía más acerca de este medio.

En Ecopetrol decidió darle un giro a su vida y con 18 años de edad buscó nuevos horizontes, contactó a un manager de una agencia en Bogotá y ahí fue cuando comenzó su fantasía en el medio empezó a modelar en pasarelas, a trabajar con marcas importantes como Aguardiente Antioqueño, Marlboro, Cy Zone, Ron Medellín, Esencial Jeans entre muchos más; "cada vez que me subía a una pasarela sentía la necesidad de dar todo de mí, pues tu eres la imagen y a ti es a quien se llevan" , y aunque no es fácil vincularse siempre tuvo persistencia , tanto que todos sus logros se vieron retribuidos cuando empezaron a reconocerla, salir en televisión fue uno de sus primeros logros, en periódicos, en revistas y entrevistas de emisoras como Olímpica, Play Radio, Tropicana , esto fue lo que ayudo a Ángela a darse cuenta que amaba lo que hacía .

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GALLERY LAM GOLD

By: *LUIS MARTINEZ*

JULIA
DE LUCIA

make
LUIS MARTINEZ
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PHOTO

LAM GOLD GALLERY

LAM GOLD

MAGAZINE

CASA EDITORIAL

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By
ROBERTO SORIANO

NATALIA
CARAMELO IGLESIAS

I'm 24 years old. I was born and raised in Asturias. I live in Gijon, although normally I usually am traveling for work. One of my greatest passions is dancing and entertainment.
Currently I have the wonderful opportunity to make a living with something that excites and motivates me, dance has always been one of my big dreams. I try to don't stay stagnant and invest every day on my education, I recently started a new stage in the dance with the pole dance, but I still have a long way to go". I also love the world of fashion and photography.

ROBERTO SORIANO

PHOTOGRAPHER

Although I have little experience in this field, I would like to carry out new projects and gain experience in this sector.

Photos: Roberto Soriano – Image: Natti Rodriguez

I define myself as a persistent and ambitious girl. Throughout my life I haven't had the support I would have liked but if something gets into my head I don't stop till I get it. I studied at the Faculty of Oviedo, the language school and I have done some courses, as first aid.

But I still have many things that I want to learn. I'm aware that this stage of my life is sadly temporary and I believe it's essential to be well prepared for the future, learning never hurts. I'm passionate about learning new things every day. Finally I thank the whole team of LAM GOLD, the opportunity you have given me and my work team, make-up artist and stylist Natti Rodríguez and the Asturian photographer Roberto Soriano because without them we couldn't have done this.

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By: OSCAR GRAU

TRACY COLL

I was born in Cali, Colombia. My beginnings as a model have been since childhood, I did my first book at 11 years old and at 15 I did my first fashion show as a fashion model.

After I finished my studies and moved to live in Spain, where I developed my modeling career I have worked with prestigious photographers, performing books, exhibitions and various artistic works.
I have also starred several musical clips for different singers in Europe. I joined in a reality of Tele 5 the television network most watched in Spain.

I have worked as a model in several magazines and worked promoting events and commercial products.
Already in 2014 I started my adventure as an entrepreneur, I opened a Colombian discotheque in Catalonia, Sala Caribe (Caribbean Hall), to present our beloved country. Thank God in 2015 I opened a second location and I have continued to work on what I consider my job and my dream, be a model.

I love to make myself known in Colombia that is my dear homeland and be able to work as a model in my country.

That's how Tracy is, a beauty of exotic features that leaves nobody indifferent to her. But we want to know her a little better and in the intimity.

We want to know a little of your personality, how you define yourself?

I define myself as a shy person even if people don't think it. I'm pretentious, persistent, supportive, independent and loving.

Virtues (apart from physical).

I'm not the best person to say my virtues, it's better that people who know me opine that, but well my main virtue is sincerity, you can trust me, I like to listen to people and to help them in what I can.

And any little defect...

I am a bit stubborn a bit jealous and perfectionist.

Something you always carry in your bag or without it you can't leave home.

I can't live without my cell phone. I always carry it.

How do you dress in a normal day?

My outfit is like any girl, jeans, a blouse and shoes casual and simple but with a sexy touch.

What is always there in your closet?
I love having lots of clothes, everything, but I'm addicted to shoes so I have many.

What part of your body are you most proud of?
I am generally proud of my body, I like to take care much of myself, I try to do sport, whenever I can I do 30 minutes of cardio and 1 hour to tone my body.

You're a woman that draws attention wherever you go. Tell you some curious situation that you had on the street.
Often girls stop me on the street to ask me to take a picture with them because they remember my television stage.

What are your guns when you go to seduce?
My weapon when I go to seduce is a look at the right time, and then let the man be who seduces me.

What do you like in men?
Here's the big question, intelligent, honest, gentleman and romantic... (laughs).

And, how to conquer a beauty like you?
First of all, be honest, with a sense of humor and who treats me like a princess.
Tell us any secret you have.
I can't resist the fast food I love a good burger and some fries.

In love, do you like to be in control or are the type who gets carried away?
I like to be carried away, but wisely keeping the reins, as women do.

And in bed?
Depends on the day (laughs). I leave that for another time....
And to finish... what are your plans for the future?
Develop my career as a model, make me know in my home country, Colombia and keep developing as an entrepreneur.

By MAURICO HILB

DI -PUPPE PHOGRAPHY

FERNANDA RESTREPO

A VERY SENSUAL ARTIST

Fernanda Restrepo is a spectacular 24 years old paisa. Her angelic face and sculptural figure make this girl from Antioquia a temple to sensuality.

Actress by profession and artist by heart, Fernanda has excelled in different Colombian television productions such as El Man es Germán, El Joe, Niñas Mal, etc.
She speaks perfect English because she lived several years in San Diego California and traveled to places that have marked her life for their culture such as Buenos Aires and Egypt.

She doesn't have a lot of friends and is extremely self-critical. She loves to win things with sacrifice because what is gained easy is not valued. Very daring, uninhibited, she posed for the lens of our photographer and journalist Mauricio Hilb. That's how Fernanda responded to interview of LAM GOLD.

PHOTOGRAPHER

DI - PUPPE

MAURICIO

HILB

Like a good girl from Antioquia is cheerful, with a great sense of humor and likes sport. She takes the bike path from Bogota to going out with her vintage cycle for a four-hour tour with her beloved Pincher dog, Gabana.

The cycle is her favorite way of transport, she points out that in the place of world that she visits always makes the bike tour. In her travels to known San Diego California, Buenos Aires Argentina and Egypt, among others.

She loves tattoos, has 3 on her body. She likes yoga and healthy food. She has an arduous daily fitness routine and takes belly dancing classes.

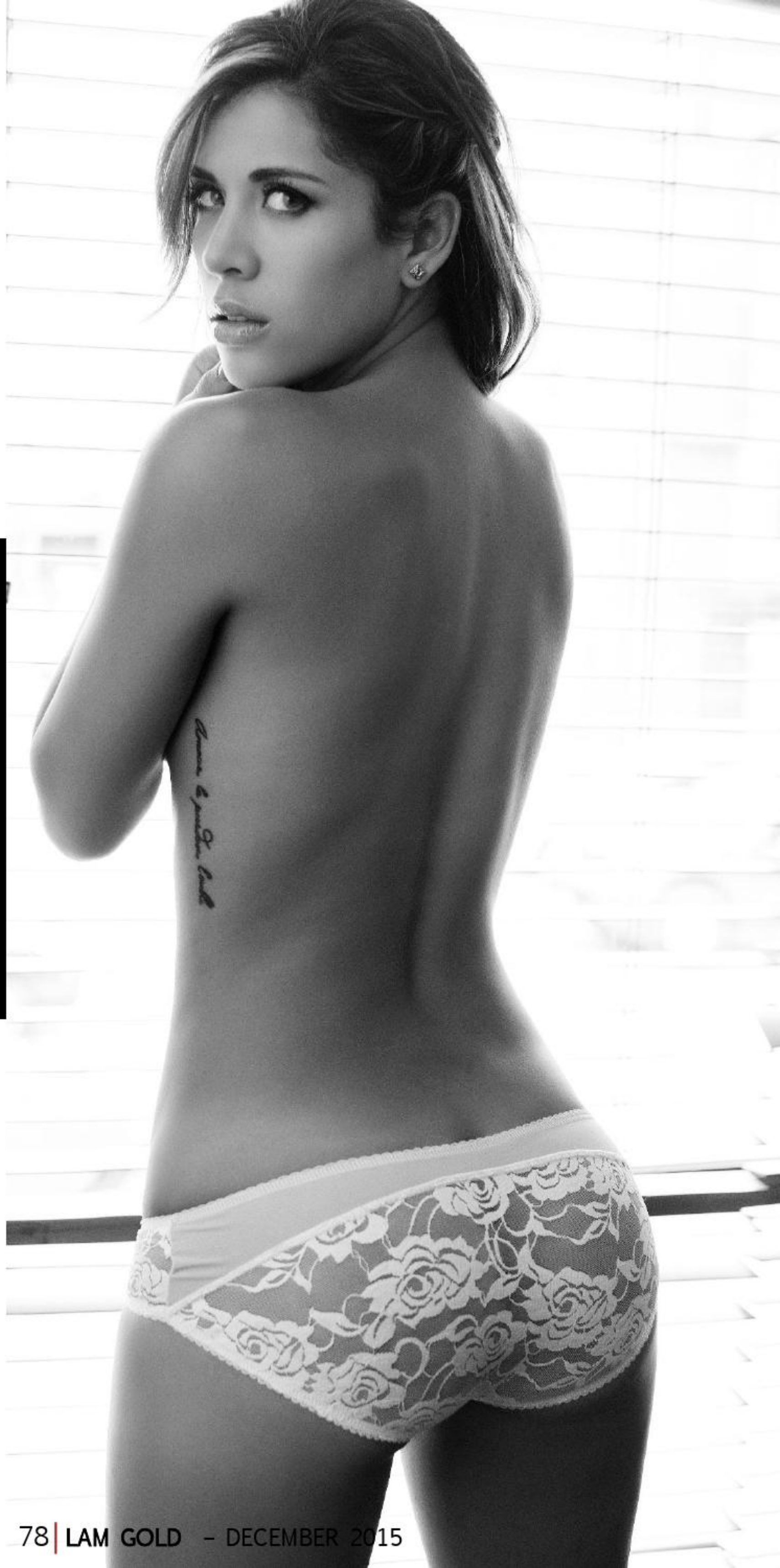
She doesn’t love partying, prefers a good dinner or a gathering with friends at home. She doesn’t support the timid men and if they want to conquer her, make a spectacular reception with white wine in the seashore.

Have you kissed a frog that beside you has become prince?
I don't kiss anyone, I kiss the man I like, so don't kiss frogs.

What is your greatest physical virtue?
My lips and my ass.
What do you consider as your weapon of conquest?
The way to conquer me is with good humor and I conquer with good humor, although I don't deny that also it's spicy to be sharp.

Any cocktail that you like?
I love Margarita, but michelada beer is my weakness.
Are you shy or outgoing?
Shy until they give me confidence.
What do you like to do at home?
When I'm at home I love to use shorts and hear music of the 80's.
Do you like hairy men?
No, zero. I don't like the hair. I like a man who looks male, who is handsome and difficult.

What is your best kept secret?
I love the solitude and dance alone in the mirror (laughs)
How is your underwear?
Only lace and silk. Always very sexy lingerie.
What is your style?
Fashonist classic very elegant clothes, I don't like necklines at all. I never buy clothes by pieces, I always buy the full outfit and I love buying underwear and pajamas.



Do you like to control or be controlled in bed?
I like to control when I'm making love.
A risky place where you like to make love?
In a plane.
What is an ideal topic of conversation?
I love talking about everything, interesting and fun topics. But I avoid discussing politics or religion.
Size Matters?
It matters, but it isn't the most important thing.
What's the first thing you look at in a man?
The smile and crotch (laughs)
How can anybody surprise you?
With flowers and I fall in love with dinner and white wine in a seashore. Also, I love the surprise visits and a "want to see you today".

How important is sex in a relationship?

Sex is 60% of a relationship.

A phrase that identify yourself?

Time doesn't pass but life is passing.

Sensual or romantic?

I am a romantic very sensual. (laughs)

What is the film that you recommend?

We had today, I'm romantic.

MASTURBATIÓN

By José Vidal Bol Bet

Most men and women, married and single, masturbating occasionally. Women mostly do after 20 years old as there is an increase in sexual response. But, ¿What are the guidelines to enhance masturbation?

Earlier it was believed that adult masturbation caused an immature sexual development and the inability to have good sex. Something inappropriate when you have a sexual partner and we always like to try new things.

Today we know that is absolutely normal and is part of the sexual repertoire. People who have more sexual activity with their partner stimulate more frequently. If you want to know yourself, go to the rhythm of your own genital stimulation for maximum sexual response, here are the following techniques to reach that:

1. - Promote your fantasies: Remember the excitement begins in your mind, so start reading some erotic novel, novels that are booming in recent years, some video that arouses strong sexual desire. Realize your fantasies, try new games and toys.

2. - Frequency: The frequency pattern of auto-eroticism in any type of sexual activity will be different from one person to another. The factors that influence: freedom to express yourself sexually, the strength of your libido, lifestyle, pressure, mood, physical health. What is a "normal" practice of sexual activity for you may not be for someone else.

3. - Variety: It's important to know that there are various types of sex toys, shapes and sizes and preferences vary. To get a pleasurable masturbation you should be comfortable and be sure what you going to use to stimulate your genitals.

4. - Feel comfortable!: The fact that your best friend masturbate doesn't mean you should. It's a personal and self-confidence matter. Don't pressure yourself! Find a comfortable place with no distractions or noise where you can connect with your own pleasure.

5. Movement: Women enjoy various stimulation techniques. Usually, the hand do circularly forward and backward movements; up and down against the pubic area and clitoris. Some women push the clitoral area against an object such as a pillow or bed, others drop streams of water. Others masturbate pushing their pelvic floor muscles that are below the vulva.

Foto: CMEXOTQ.RU

6. Lubricant: Remember that the clitoris is a very sensitive area so you need your fingers wet and well lubricated. Advisable to keep your labia open with your fingers and rub the clitoris, you can't resist such pleasure!

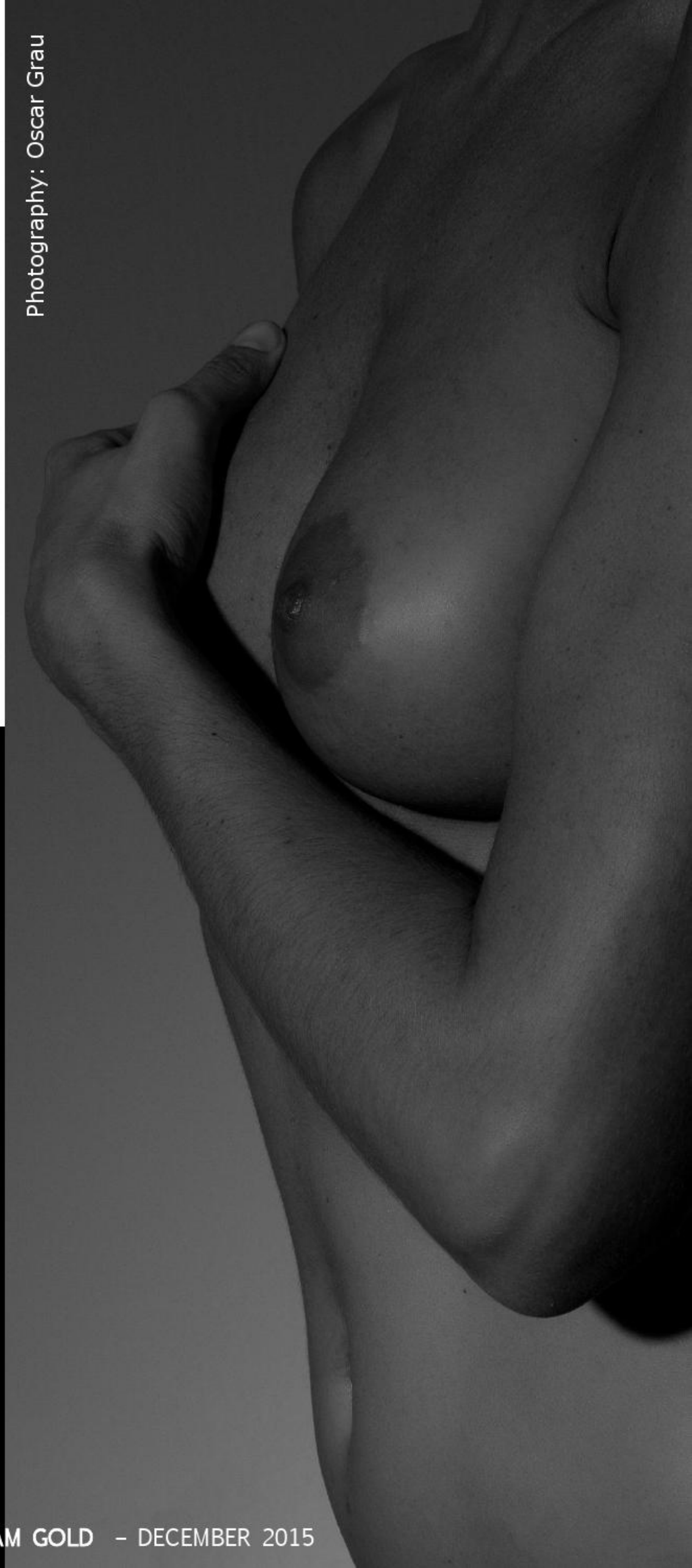
7. Penetration?: Contrary to pornography shows in general, recent studies show that only some women use vaginal insertion to orgasm during masturbation. Just 1.5% enters her finger or a penis-shaped object.

8. Vibrators: You can add the use of a vibrator or other sex toys to increase pleasure or give variation to the stimulus. There are many types of vibrator, which also stimulates the clitoris, mini vibrator or conventional vibrator. Important! You must be well excited because otherwise if you put it on your clitoris can be annoying and painful.

9. Sex Toys: When entering a Sex Shop you'll encounter different types of vibrators, Chinese balls, clitoral stimulators, rings... High demand in the female market has had the IBuzz, a small capsule-shaped device that vibrates in sync with the music played on an iPod or MP. It's used under underwear or inside the vagina. The intensity of the vibrations varies with the volume of music.

10. Regulates sleep: Another of the great effects you will have when you have a sexual response to masturbate is release tension and stress. The hormone oxytocin is secreted when having an orgasm. This hormone has, among other functions, the ability to regulate sleep. You will notice how you will get better sleep and have a rest.
Practice will bring you perfection to learn to control the muscles in your vaginal wall, breathing and orgasmic response. The more control, confidence and knowledge of your genitals you will be more able to have orgasms with or without your partner.
Remember that all behavior that takes place in excess becomes harmful, the auto-pleasuring can be somewhat compulsive. While you don't get to isolate or affect yourself in your daily routine of work, social and couple don't worry. Just take precautions! And you, what methods do you use to enhance masturbation?

Erotic text to travel:
The memory of your sensual lips evokes pleasure in my body every kiss given, the sweet taste of your mouth in the heat of the dark night, in every pore of my skin feels your taste of fiery woman. From your warm body it follows the devastating effect of a passionate kiss, desire and that's why your chest in my chest with a kiss burns. More than a hug so begins our bodies are attached fiery in erotic desire, more than two bodies, a puzzle of one piece you and I together, own me and I have you. You posses me and I posses you. Love burns the bed receiving our two bodies in the fight gives love, rarely is conceived desires in that way and rarely granted in the maximum delivery. Love bursts into your body, vibrates, confused, desire is great, the body faints your body in my body then blows the sweet night of erotic surrender reaches the end, your body touches, your mind back and body finally rests just a kiss then rubs me and gives me beautiful, the taste of your mouth, nights to be repeated in coming nights.



BY ANDRES REINA A.

NATALY RINCON

PHOTOGRAPHY

ANDRES REINA A.

Nataly Rincon, is strength, passion, a Colombian who came to be successful, in a few years thanks to her tenacity, has established herself as one of the most important models nationally and soon internationally. Also in her spare time she is responsible for the foundation GOTITAS DE AMOR BENDECIDAS (DROPLETS OF BLESSED LOVE).

In LAM GOLD we'll know more about her life, her dreams, her qualities and projects, a woman who has a heart as big as her goals!

Photo: Andres Reina A
Image: Andres R Casallas
Dressing: Bésame

Nataly, since when you started in this profession as a model?
6 years ago I started my beautiful profession as a model, I have been image of various brands of clothing, in the course of my career I have recorded more than 15 music videos for popular music as Jimmy Gutierrez and reggaeton singers. I did fashion runways with designers. I've been the face of campaigns for countries like Peru, with Fiory line, currently with Oggy Jean in Mexico.

How is your relationship with the motoring world?
My passion is racing cars running on the racetrack, I raced in international road courses in Guatemala, Panama and Bogota; I love the cars, they are my passion and I actually have two (the track one and the street one).

We know you have a very beautiful facet and is your philanthropic side. Tell us what it's about?
Currently I have a foundation of children. Where today there are 500 children which I help, the name is GOTITAS DE AMOR BENDECIDAS. The biggest dream of my life is to embrace a child and give him my love and be able to work and continue to fight to give them a smile, help them in their education and their support (food, fun and health brigades). I'm always ready to receive aid because it's not easy and requires the support and love of everyone! Children are the present and the future of our society.

the present and the future of our society. That was my dream since I was a child... one day have my foundation with very poor children, I love children and one day being alone I felt so blessed by God. I said it's time to start building it and this is how comes this beautiful project.

In what projects are you currently focused?

I currently focused with Mexico Televisa where I work with several magazines, and I was offered with a project for television presenter, I have good projects in Miami and thank god I owe everything today to Him; I'm a woman in love with God, I'm very close with my very humble family, full of love. I'm very fast is one of my fails being such a perfectionist in everything I do.

What is there in your life outside of modeling?
I'm a little sleepy head, I love desserts and I love traveling.

And love?
Today I'm alone I'm not committed to anyone and well, waiting for the man who would be sincere, understanding and really loves my qualities, sincerity, and defects, be accelerated.

How do you to maintain a healthy and structural figure?
I don't have time for gym so I do Tabata that is very good with 20 minutes you take care of yourself very well, I also do yoga and Pilates occasionally. I care a lot about food I never take soda, my favorite food is seafood, I love to travel a lot, I never drink liquor, I don't smoke and do a lot of work.

Finally, what recommendations will you let to the readers of LAM GOLD?
1. Be honest
2. To love oneself and give love to others, share, if we can share what we have.
3. To live in peace, don't envy and get away of people who do it.
4. To take care about food.
5. Always be with God and never forget the point of success and your dreams is God, pray much.
6. To show us as we are and always keep humility and love for others.

7. Dream and fight.
8. To love sincerely.
9. Take care of our image.
10. Wise word. GOD said who believes in me will live even though he dies.

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...Al mejor estilo!

CHEF
JORGE ENRIQUE MARTINEZ

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Let's talk about coffee

LET'S TALK ABOUT COFFEE

A few days ago I was fortunate to be invited to an event I describe it as wonderful, a subject that fascinates me because it brings back many memories of childhood and youth, that event was about coffee and as complement or pairing with chocolate.

I entered in that magical world of the good preparation of a cup of coffee, I had the great fortune to speak with two people who unequivocally I can assure are an authority on the subject, they are Liliana Palma and Antonio Romero who told me a lot about the preparation, I will try to share with you some plus of these two talks.

Talking to Liliana I asked about her idea of what coffee is and how we could make a good cup of coffee?

"Coffee is a drink that can be enjoyed anytime, anywhere, alone or accompanied. Cold or hot, with milk or liquor, is versatile and delicious.

There is always an opportunity to enjoy the flavors and scents of our coffee and our Colombian coffee is the softest in the world.

She said the first step before trying new preparations, is back to basics: learn how to make coffee correctly. Everyone thinks it's easy, and it's not wrong but you must follow some basic steps to get a good drink" words more words less I'll try to explain those steps as Liliana Palma told me: Ideally buy fresh coffee without much toasting time to enjoy all the flavors and aromas, also grind the amount that we will prepare.

You don't need the latest coffee makers even she said we could prepare as the grandmothers did, but recommend us as soon boil water the first time, turn off the stove to don't affect the taste of coffee if we let it boil too much will give us a cooked flavor.

The amount of coffee should be 5 to 7 grams (a large tablespoon approximate) per 100 milliliters of water, mix and is allowed to settle for 6-8 minutes.
An error is overheating or not consumes the product at the moment and save it for later for any reason.

Finally she reminds us that coffee as Colombian is soft and sweet by nature doesn't need sugar or sweeteners. It's a bad habit that we acquire when we don't consumed good coffee or coffee was poorly prepared and what we wanted was to disguise the taste of a bad drink.

By: LUIS MARTINEZ

MELODY STAR

LMD PHOTO

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PHOTOGRAPHER

DIRECTOR OF PHOTOGRAPHY
LATIN AMERICAN MODEL
LAM GOLD

OSCAR GRAU

By: Oscar Grau

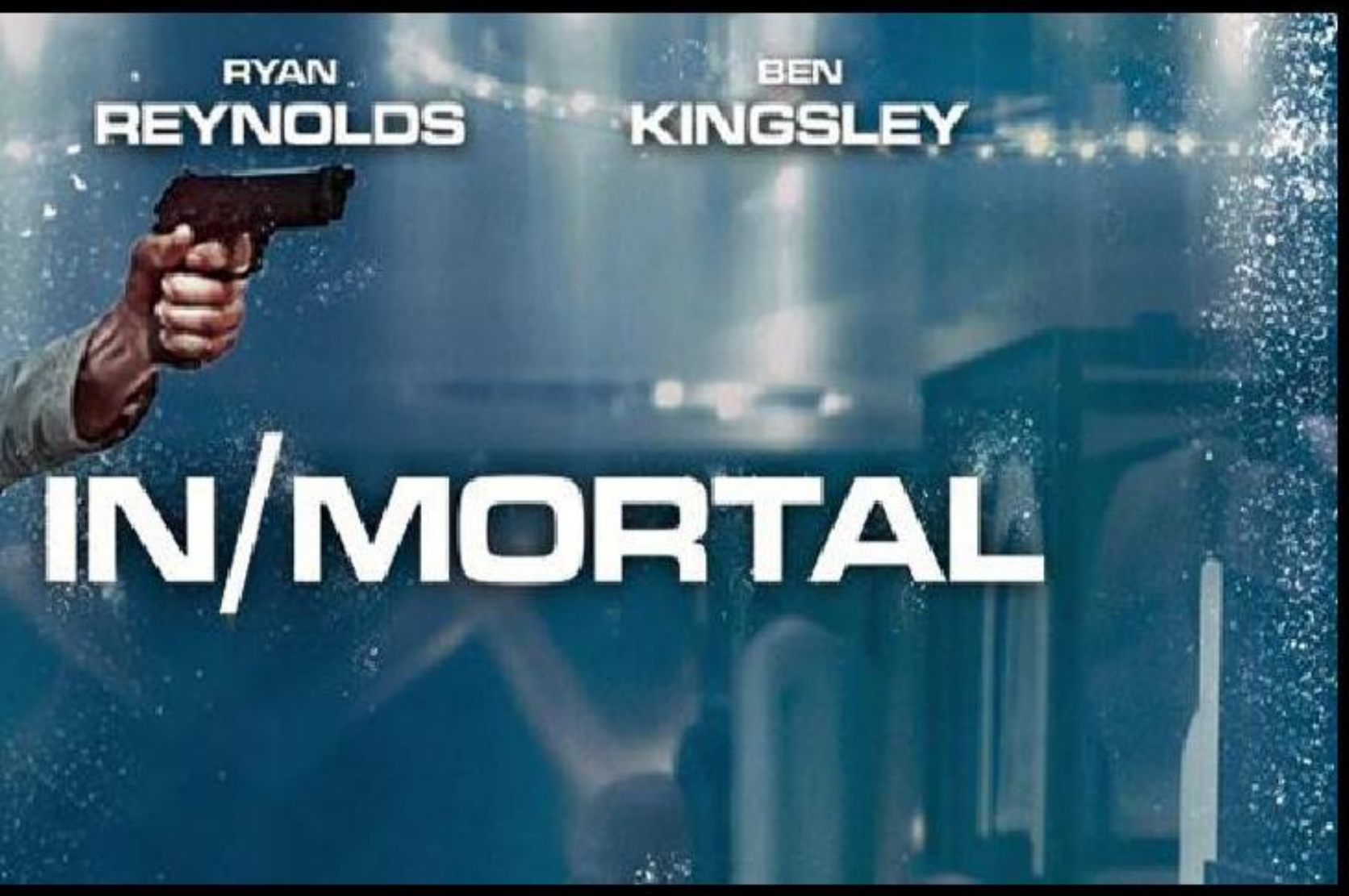
ANITA ALVAREZ

GALLERY LAM GOLD

SI CREES EN DIOS,
CREES EN EL DIABLO
EXORCISMO EN EL VATICANO

EL LA LUCHÓ PARA RECUPERAR
LO QUE SIEMPRE LE PERTENECIÓ.
RYAN REYNOLDS
GANADORA PREMIO DE LA ACADEMIA
HELEN MIRREN
LA DAMA DE ORO

CINE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OWEN WILSON
LAKE BELL
PIERCE BROSNAN
SIN RESCATE, SIN REFUGIO Y ...
SIN ESCAPE
PRÓXIMAMENTE EN CINES

EMA

NO ESCAPE

NO ESCAPE establishes its "stranger in a strange land" scenario premise. A Modest Engineer Jack Dwyer (Owen Wilson) moves to there his family - his wife Annie (Lake Bell) and their young daughters Lucy (Sterling Jerins) and Beeze (Claire Geare) - from the familiarity of Austin, Texas at the incongruity of an anonymous, unstable south Asian nation. What initially seems a promising new start becomes in a nightmare. A coup d'etat and the resulting riots make toxic the environment for foreigners - especially those related to the new employer of Jack, a multinational conglomerate understandably demonized by rioters.

As the situation becomes increasingly dangerous for Dwyers, with their hotel, under siege and dismissed US embassy, a British expatriate named Hammond (Pierce Brosnan) comes to their aid in an attempt to redeem an uneasy conscience. Although the location isn't the name, geographical indications are Cambodia. The family background is the events of the real world: the dispossessed, tired of being exploited by a dictatorship indifferent, assassinate the leader and go on a rampage.

Credits

The situation is terrible for the innocent as the Dwyers, which are hunted for reasons they don’t understand and have few allies - even when locals disagree with the crowd, who don’t want to get involved for fear of negative repercussions. Jack and Annie are resourceful and courageous, but their capabilities are limited. That's one of the things that make No Escape so suspenseful. These aren’t the traditional heroes of action.

They don’t carry weapons and are unprepared for the nature - kill or be killed for their situation. Violence is shocking to them. About 90 minutes of 103 minutes running time of the film are devoted to the escape. The configuration is inexpensive and, once the bad things begin to happen, is a cascade. Jack and Annie are forced to take desperate and mortals choices.

A standout scene involves a jump from the top of a building on the roof to another. The difference is maybe ten feet, but the way this is choreographed by the director John Erick Dowdle (Quarantine) is enough to cause heart palpitations. No Escape doesn’t offer a lot of downtime. There are harrowing scenes of brutality. The film finds a way to break the tension with some jokes of low profile between Hammond and his partner, "Kenny Rogers" (Sahajak Boonthanakit), but never lasts long.

Neither Owen Wilson and Lake Bell seem like a natural fit for their roles, but turn out to be perfect choices. With Pierce Brosnan filling the expected part "heroic" gunman which is allowed to be ordinary people caught up in extraordinary circumstances, and that is what makes the film convincing. Brosnan doesn't have a lot of screen time - Hammond is a supporting character, but he's for many of the most dangerous situations. No Escape would have been a different (and probably lower) experience if the roles had been interpreted by well known action stars from yesterday or today. Wilson and Bell inhabit their characters and bring us closer to the situation thoroughly than would be the case, the more general performances expected.

Perhaps the most controversial aspect of No Escape is how children are handled. Putting children at risk is an effective way to ratchet up the pressure, but can also be seen as manipulate people. Dowdle is careful about how he handles the danger to Lucy and Beeze. The threat to them is real but the camera never stops in an unseemly manner, or force the script to act in a way that is inappropriate or unlikely for two children to get caught in this situation. Their presence is the catalyst that forces Annie and Jack run extraordinary risks. Parents may not relate to some of the extreme circumstances but they understand the emotions underlying shares Jack and Annie.

Too often, thrillers are packaged as safe and sanitary tours in exaggerated action and stunts enhanced by special effects. No Escape is a throwback to an era when films of this genre were defined by the suspense and tension. Dowdle isn't interested in providing a safe harbor for those who want a convenient way to spend two hours. His vision is modern and exhausting and, in most part, his implementation gives life to it, throwing a firecracker in the dream of the film after the summer doldrums.

Prensa Diamond Film

By: OSCAR GRAU

JESSICA ALABART

Born in Barcelona, 22 years old, currently working as an image consultant, makeup artist, hostess and model.

“I'm a big fan of the image, fashion and its professionals. As a person I define myself as a woman with clear ideas, with character, independent but very sensitive and affectionate. I like to assess the positive aspects of life and people but also hate lies and falsehood.

I love helping people improve their image and see their smile when they corrected flaws that made them feel sick every day. It’s something that gives me great satisfaction. "Beauty is something that we create ourselves in our minds, if we feel good the rest of the world will feel the same.“

One of the parts of my body that I feel more proud is my eyes and my glance. I think I speak a lot with it.

Long ago I started in this world. I've been on camera since 13 years old when I was called to do a job of photography. Since then, I have worked with national and international photographers.

I like to work both in front of the camera and behind the camera, something that fascinates me. About photography I like to be a perfectionist. I try to interact a lot in the sessions and I take each one as a personal challenge in which I try to beat myself and learn every day.

I admit I'm a fashion, good books and movies addict. I like to take care of myself and I go the gym a lot, where I try to disconnect from everything and focus on my body. Something that I enjoy is a quiet night at some place drinking a cocktail and listening to music.

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